



SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Americans are Stressed and Work is to Blame

(Sedgwick County, Kansas) – Americans are working longer and harder and their stress level is increasing. Numerous surveys and studies confirm that occupational pressures and fears are the leading source of stress for American adults.

According to the 2000 annual “Attitudes in The American Workplace,” 80 percent of workers feel stress on the job and nearly half say they need help learning how to manage their stress.

In addition, work absenteeism due to stress has also escalated. It has been estimated that nearly 1 million employees in the United States are absent from work each day because of stress.

COMCARE offers these suggestions to employers to help prevent job related stress:

- Be sure the workload matches the employee’s capabilities and resources.
- Design jobs to provide stimulation and opportunities for employee’s skills.
- Set clear roles and job responsibilities.
- Allow employee’s to make decisions affecting their jobs.
- Maintain clear communication with employees.

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Employees can use these simple suggestions to work through job-related stress:

- Exercise.
- Eat well-balanced meals.
- Avoid nicotine, excessive caffeine and other stimulants.
- Mix leisure with work.
- Get enough sleep and be consistent sleep schedules.

“We want people to be aware of the affects of stress and how they can take steps to work through it,” said Commission Chairman Ben Sciortino. “We also want to let them know that Sedgwick County’s COMCARE can help, and provide services to those who need a little assistance managing stress.”

Sedgwick County’s COMCARE has mental health professionals who can assist employees or employers who are dealing with stress. Call 832-0852 to speak with a qualified mental health professional.

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